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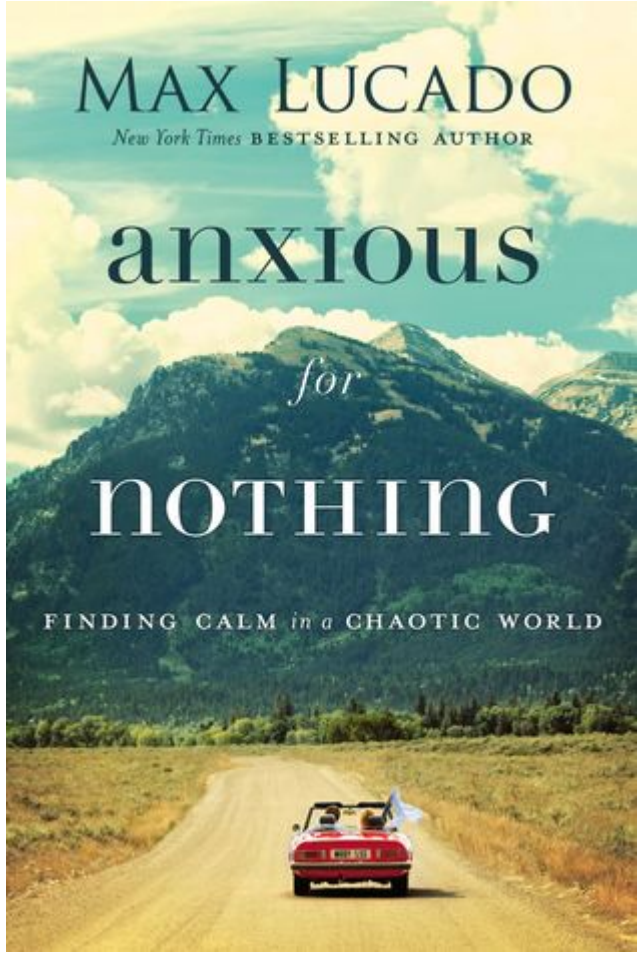

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Book Overview:
Americans know about living in perpetual anxiety. According to one research program, anxiety-related issues are the number-one mental-health problem among women and are second only to alcohol and drug abuse among men. Stress-related ailments cost the nation $300 billion every year in medical bills and lost productivity, and the use of sedative drugs like Xanax and Valium have skyrocketed in the last fifteen years. Even students are feeling it. One psychologist reports that the average high-school student today has the same level of anxiety as the average psychiatric patient in the early 1950s. But Philippians 4:6 encourages the believer to be anxious for nothing. Although that prescription may seem untenable in a world full of increasing anxiety, acclaimed Christian author Max Lucado explicates the passage, helping us understand why and how the Apostle Paul counsels us against living in perpetual anxiety and how our relationship with Christ can help us live life without allowing anxi ety to dominate it..

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